



No matter who you are caring for, if you as a caregiver need help call the ADRC at **920-386-3580!**

The Rewards of Caregiving

You often hear about the challenges, frustrations, and stress of caring for someone, but caregiving isn't without rewards. Take some time to consider the ways your life has been enriched by your caregiving journey.

Caregiving offers you a chance to “give back” to someone important in your life. If you are caring for a parent, the help you give them now is a way to “pay them back” for caring for you when you were a child. When caring for a spouse, it can be a thank you for the love they have given you through the years. Providing care is a way of telling the person they are valuable, that you love them and will always be there for them.

Caregiving encourages you to spend more quality time with your loved one. Looking at photo albums, reminiscing about earlier times, reading aloud, watching old movies or just being together become precious ways to enjoy time together. Slowing down enough to simply be together gives you the opportunity to get to know each other better, often resulting in newfound respect and understanding.

Caregiving can get you in touch with your family history. Spending time together listening to childhood stories opens a door to the past and gives you a new understanding of how your family was shaped by history. Relish these stories.

Caregiving gives you an opportunity to learn new skills, such as multi-tasking and organization. You learn about the medical condition that affects your loved one and how to maneuver through the maze of health care providers. In addition, you learn to be assertive, speaking up to advocate for your loved one.

Caregiving helps you recognize your own support systems. You may be surprised to find neighbors, co-workers, relatives, and friends reaching out to help you on this journey. Accept their help and take pleasure in how they enrich your life.

Caregiving can help you become more compassionate and loving. You may not think you have the ability, patience, or personality to be a caregiver - but you do. Rising to the challenges of caregiving helps you to recognize your own strengths and abilities often strengthening your inner, spiritual self.

Caregiving leads you to plan your own future. Discussing and planning end-of-life issues with your loved one can guide you to be better prepared for your own future and give you a deeper understanding of your own values and beliefs.

As you reflect on your life as a caregiver, be sure to recognize the rewards you have experienced on your journey. You may find that caregiving benefits not only your loved one, but also you.

Powerful Tools FOR Caregivers



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 minutes once per week on Wednesdays for six (6) weeks.

Dates: April 25 – May 30, 2019 (Thursdays)

Time: 1:30 - 3:00 pm

Location: St. John's Church - Mayville
450 Bridge St, Mayville

Cost: FREE (\$10 suggested donation for book)

To register, call the ADRC of Dodge County
920-386-3580

****Space is limited - register early!****

Please Join Us at Dodge County's annual

Caregivers Spring Break – Friday, May 3, 2019

9:30 am - 2:30 pm at the Brownsville Community Club

871 W Main St, Brownsville, WI 53006



FREE including lunch

Surprises and MORE

TREAT YOURSELF

Meet other caregivers

Massages

Registration is Required. For more information or to register, call the Aging and Disability Resource Center of Dodge County at **920-386-3580**